

## Household Commodity Fact Sheet

**CUCUMBERS, FRESH**

Date: April 2009

Code: F200

**PRODUCT DESCRIPTION**

- Fresh cucumbers are U.S. No. 1 or better.

**PACK/YIELD**

- Fresh cucumbers are packed in a 1-pound bag. There are about 2 to 3 medium cucumbers in 1 pound. A pound of cucumbers is about 3 cups of chopped cucumbers.

**STORAGE**

- Cucumbers can be stored in the refrigerator. Do not wash before storing.
- Cucumbers can be stored in a plastic bag, loosely tied or knotted; make sure the cucumbers are dry before storing. Cucumbers may be stored in the refrigerator for up to 1 week.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

**PREPARATION/COOKING**

- Rinse cucumbers well and scrub outer layer well before eating or using in recipes.
- Cucumbers can be eaten with the peel after rinsing and scrubbing. They can also be peeled with a vegetable peeler or knife.

**USES AND TIPS**

- Cucumbers are best eaten raw or barely cooked.
- Cucumbers can be eaten plain as a snack or an appetizer, and sliced or chopped to add to salads.
- Slice cucumbers and dip in low-fat dressing or other low-fat dip.

**NUTRITION INFORMATION**

- $\frac{1}{2}$  cup of cut-up cucumbers counts as  $\frac{1}{2}$  cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2  $\frac{1}{2}$  cups of vegetables.

**FOOD SAFETY INFORMATION**

- Keep cucumbers that are going to be eaten raw away from raw meat, poultry, or seafood and from the kitchen tools used with the meat, poultry, or seafood.

**OTHER RESOURCES**

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

**NUTRITION FACTS**Serving size:  $\frac{1}{2}$  cup (52g) fresh cucumber with peel**Amount Per Serving**

<b>Calories</b>	10	<b>Calories from Fat</b>	0
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**% Daily Value\***

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 0g	

Vitamin A	2%	Vitamin C	2%
Calcium	0%	Iron	0%

\*Percent Daily Values are based on a 2,000 calorie diet.

**CUCUMBER AND RED ONION SALAD****MAKES 4 SERVINGS****Ingredients**

- 2 cucumbers
- 3 tablespoons white vinegar
- 1 tablespoon sugar
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 red onion, peeled, sliced and broken into rings
- 1 teaspoon dry dill (if you like)

**Directions**

1. Rinse and scrub the cucumbers. Remove some of the peel in lengthwise strips using a vegetable peeler or fork and leaving a little skin between each strip.
2. Thinly slice the cucumber into circles.
3. Place the vinegar, sugar, salt, and pepper in a bowl and mix until the sugar is dissolved.
4. Add the cucumber and onion; if using dill, add that too, and toss well.
5. Can be served at room temperature or chilled.

Nutritional Information for 1 serving of Cucumber and Red Onion Salad							
Calories	40	Cholesterol	0 mg	Sugar	6 g	Vitamin C	6 mg
Calories from Fat	0	Sodium	150 mg	Protein	1 g	Calcium	31 mg
Total Fat	0 g	Total Carbohydrate	10 g	Vitamin A	8 RAE	Iron	0 mg
Saturated Fat	0 g	Dietary Fiber	1 g				

Recipe adapted from <http://lpl.arizona.edu>

**SIMPLE MEXICAN SALAD****MAKES 4 SERVINGS****Ingredients**

- 2 cucumbers
- 2 oranges
- 2 tablespoons lemon juice (or use lime juice)
- ½ teaspoon chili powder
- ¼ teaspoon salt

**Directions**

1. Wash and scrub the cucumbers under cold running water; wash oranges under cold water.
2. Slice the cucumbers.
3. Peel oranges and cut oranges into small pieces.
4. Place cucumber and oranges in a medium size bowl. Add chili powder, lemon or lime juice and salt. Stir well. Can be served at room temperature or chilled.

Nutritional Information for 1 serving of Simple Mexican Salad							
Calories	60	Cholesterol	0 mg	Sugar	9 g	Vitamin C	41 mg
Calories from Fat	5	Sodium	150 mg	Protein	2 g	Calcium	52 mg
Total Fat	0 g	Total Carbohydrate	14 g	Vitamin A	20 RAE	Iron	1 mg
Saturated Fat	0 g	Dietary Fiber	2 g				

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>